

With Alcoholism, Conventional Medicine Has it Backwards

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by Julian Whitaker M.D.

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Our current approach to looking at alcoholism as a character disorder is a travesty. Alcoholism is a disease, a biochemical disorder that affects approximately 18 million Americans. Yet we continue to treat alcoholics as if they caused their disease.

One particularly harmful misconception is that alcoholics have to hit rock bottom before they will seek treatment or can be effectively helped. This is as absurd as saying that a woman with breast cancer has to have multiple metastases throughout her body before she will respond to therapy.

Group counseling is typically the only “treatment” offered, which makes about as much sense as using group counseling to lower the blood sugar of patients with diabetes. Yet there is more than 50 years of evidence that alcoholism is likely caused by suboptimal intake of nutrients and can be treated with nutritional support.

Here are my specific recommendations for overcoming alcoholism:

- **If you drink any alcohol at all, it is imperative that you supplement with a potent daily multivitamin and mineral regimen.** This will not only reduce alcohol intake and make it easier to control drinking, but will also compensate for the nutrient losses that occur, even with social drinking.
- **For alcohol problems, the following supplements will help curb cravings:** 500–1,000 mg buffered vitamin C whenever cravings hit (up to 10,000 mg daily) and 500–1,000 mg L-glutamine three times a day on an empty stomach. I also suggest taking additional calcium, magnesium, zinc, and B-complex vitamins. You can find these supplements in health food stores.
- **Curb your alcohol cravings with kudzu extract**, which comes from a popular fast-growing vine from the South. Massachusetts researchers set up a “lab” in an apartment where study subjects came after work. They took either a kudzu supplement or a placebo capsule and then drank as many beers as they desired.

The experiment was later repeated and the kudzu-placebo groups were switched. Across the board, those taking kudzu drank more slowly and drank about half as much as when they were taking a placebo. If you tend to overindulge, give kudzu a try. Look for a standardized kudzu extract in health food stores and take as directed.

Now it's your turn: What's your opinion on this issue?

The Real Secret to Quitting Smoking

<http://www.drwhitaker.com/the-real-secret-to-quitting-smoking/>

by Julian Whitaker M.D.

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As we head into a brand new year, many of us will be making resolutions—and near the top of that list for many is to stop smoking. Few resolutions can have such a dramatic impact on your health.

Here are a few of the many beneficial changes that happen when you quit smoking:

- **Within 20 minutes of your last cigarette**, your blood pressure and pulse rate return to normal.
- **After eight hours**, your carbon monoxide levels will have dropped and your oxygen levels will return to normal.
- **By the end of day two**, you'll notice an improvement in your senses of taste and smell.
- **After two weeks to three months without a cigarette**, your risk of having a heart attack will drop, and your lung function will improve.
- **After one year**, your risk of heart disease will be cut by 50%, as will your risk of lung cancer after five years. In short, I don't know anyone who has stopped smoking for any length of time and is sorry they did. Your chances of being happy without cigarettes are close to 100%.



Yet, as beneficial as it is to quit smoking, it can be a tough row to hoe. Fortunately, you can make it easier.

Nicotine addiction occurs because nicotine binds with specific neuroreceptors in the brain. As the nicotine dissipates from the brain, the receptors literally cry out for more. This is the premise behind the gum and patches containing nicotine.

There's a product called Sulfonil that binds with nicotine receptors and blocks the craving even more effectively than nicotine itself. The U.S. patent states that Sulfonil is "the preferred agent for performing this function." It's designed to be used from the day you stop smoking to reduce nicotine cravings.

Take two capsules upon awakening, one every four to six hours during the day, and two more at bedtime. You'll only need to take it for as long as cravings persist (three days to two weeks). Sulfonil is available directly from the manufacturer, Thorne Research at 800-228-1966 or www.thorne.com, or through your healthcare provider or pharmacy.

Now it's your turn: Have you found a habit that helped you quit smoking?